

-Evergreen Kung Fu Club- Pricing & Membership Dues:

Contact sifu Keith Judelman, (206) 419 3868

Registration fee for all Self-Defense, Kung Fu, and Shuai Chiao programs: \$50 includes EKFC T-shirt, white belt, and 25 minute private lesson.

****Family discount of \$10 each per additional family member/ month** (all programs, applies only to monthly tuition).

FIT FOR LIFE: Unlimited classes in Self-Defense, Kung Fu, Tai Chi, Qi Gong, and Shuai Jiao: \$120/month.

ADULT SELF-DEFENSE & Shuai Jiao: \$100/ month (2 classes a week) or \$60/ month (1 class a week) or \$18/ drop in with active membership.

KID'S KUNG FU: 1 day/ week for \$60/ mo.

INTRO TO KUNG FU: 1 day/ week for \$50/ month.

Taichi & Qigong: \$100/ month; \$15/ drop-in.

Iron Mountain Qi Gong: Private instruction only, contact us for details.

Private Instruction: \$50/ hr for public; \$35/ hr or \$25/ 30 min. for existing students.

Note: The arts taught by Evergreen Kung Fu are complimentary and simultaneously cultivate physical fitness and mental harmony through balance of yin (soft, meditative, relaxing) and yang (hard, vigorous, challenging) practices. Following tradition, I encourage the integrated practice of kung fu, qi gong (Chinese yoga), and taichi as a balanced way to nourish and strengthen one's whole being.